



Smoke-Free Air Act Fact Sheet for Smoke-Free Restaurants and Bars

The Smoke-Free Air Act will go into effect April 15, 2006. This Act protects New Jersey residents at work and in public from deadly secondhand smoke. The Act states that *tobacco smoke constitutes a substantial health hazard*, and therefore, *it is clearly in the public interest to prohibit smoking in enclosed indoor places*.

- The Smoke-Free Air Act (P.L. 2005, c.383) prohibits smoking in indoor public places and workplaces to protect employees and the public from secondhand smoke.
- Secondhand smoke is a serious health concern for everyone. Secondhand smoke is a dangerous combination of the smoke from the burning end of a cigarette, pipe or cigar and the smoke exhaled by a smoker. This mixture contains more than 4,000 substances, including 200 known poisons and 69 known and probable cancer-causing substances. Secondhand smoke has been classified by the U.S. Environmental Protection Agency (EPA) as a cause of cancer in humans (Group A carcinogen). Secondhand smoke is some times referred to as environmental tobacco smoke or ETS.
- Restaurants and bars are included in the Act because workers in these establishments are typically exposed to high levels of secondhand smoke. Waitresses have higher rates of lung and heart disease than any other traditional female occupational group, according to a study published by the *Journal of the American Medical Association*.
- One shift in a smoky bar is equivalent to smoking 16 cigarettes a day, according to the same report. According to the UC Berkeley School of Public Health, two hours in a smoky bar is the same as smoking four cigarettes.
- Studies from other cities and states in the nation show that going smoke free has a neutral or positive impact on the profits of restaurants and bars.
- To learn more about the Smoke-Free Air Act visit www.smokefree.nj.gov.
- If you smoke and want to quit, or to support your employees, clients or patrons who want to quit call NJ Quitline at 1-866-NJ-STOPS (1-866-657-8677) or visit NJ QuitNet® at www.nj.quitnet.com. Both services provide free and personal professional counseling and support. Or visit www.njquit2win.com for free materials that you can use to create a “quit smoking program” in work or meeting places.



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